

SWALLOW  
AN  
ALMANACK

For the year of our  
LORD GOD

1668.

Being the Bissextile, or Leap-year:  
and from the Worlds Creation  
5672.

Calculated properly for the Meridian  
of the University and Town of  
CAMBRIDGE:

Where the Pole is elevated 52 de-  
grees and 17 min. above the Horizon.

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*Omnia falce metit Tempus.*

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CAMBRIDGE,  
Printed by *John Field*, Printer to the  
University, 1668.

Swallow, 1668.

The Golden Number this year is 16  
The Cycle of the Sun 25. The Epact 26

This year is also from	The Creation of the World	5672
	The Flood of Noah	4015
	The coming of Israel out of Egypt	3163
	The building of York	2656
	The building of Rome	2420
	The burning of Solomons Temple	2255
	The building of Cambridge	1968
	The Baptisme of Christ	1641
	The Death of Christ	1638
	The destruction of Jerusalem by Titus	1598
	The making of Cambridge an University	1031
	The Conquest of England by Duke William	602
	The Powder Treason, November 5.	63

And Note that on the 30<sup>th</sup> of Jan. the 20<sup>th</sup> year of our Sov. Lord K. Charles the II beginneth. Whom God grant long to reign. Amen.

## The Anatomy of Mans body.

∨ Head and face.

♄ Neck &  
throat  
♄  
Breast  
stomach  
& ribs.  
♊  
Bowels  
& belly  
♋  
Secret  
members  
♎  
Knees.



♊ Arms &  
shoulders  
♋ Heart &  
back  
♌ Reins &  
loyns.  
♍ Thighes.  
♎ Leggs.  
♏ Feet.

Seek th  
you h

# Swallow, 1668.

A Table of the hour and minuce of Sun-rising every second day.

Days	Januar.	Februar	March	April	May	June
	ho. mi.	ho. mi.	ho. mi.	ho. mi.	ho. m.	ho. mi.
2	8 4	7 15	6 16	5 14	4 21	3 46
4	8 1	7 10	6 12	5 10	4 17	3 45
6	7 58	7 6	6 8	5 6	4 14	3 44
8	7 56	7 2	6 4	5 2	4 11	3 43
10	7 53	6 58	6 0	4 58	4 7	3 43
12	7 51	6 54	5 56	4 54	4 5	3 43
14	7 48	6 50	5 52	4 50	4 2	3 43
16	7 45	6 46	5 48	4 46	4 0	3 44
18	7 43	6 42	5 44	4 43	3 58	3 45
20	7 40	6 38	5 40	4 39	3 56	3 46
22	7 37	6 34	5 36	4 35	3 54	3 47
24	7 33	6 30	5 32	4 32	3 52	3 48
26	7 29	6 26	5 29	4 29	3 50	3 49
28	7 25	6 22	5 25	4 25	3 48	3 50
30	7 21	6 0	5 21	4 22	3 47	3 52

Days	July	August	Septem.	Octob.	Novē.	Dēcem.
	ho. mi.	ho. mi.	ho. mi.	ho. mi.	ho. m.	ho. mi.
2	3 54	4 39	5 39	6 41	7 37	8 15
4	3 56	4 43	5 42	6 45	7 40	8 15
6	3 58	4 46	5 46	6 49	7 44	8 16
8	4 0	4 50	5 50	6 52	7 47	8 17
10	4 3	4 54	5 54	6 56	7 51	8 17
12	4 6	4 58	5 58	7 0	7 54	8 17
14	4 8	5 2	6 2	7 4	7 57	8 17
16	4 11	5 6	6 6	7 8	7 59	8 16
18	4 15	5 10	6 11	7 12	8 1	8 15
20	4 18	5 14	6 15	7 15	8 3	8 15
22	4 21	5 18	6 20	7 19	8 5	8 14
24	4 24	5 21	6 24	7 22	8 7	8 10
26	4 27	5 25	6 28	7 25	8 9	8 9
28	4 30	5 29	6 32	7 29	8 11	8 7
30	4 34	5 32	6 36	7 32	8 13	8 2

Seek the day on the side; and right against it, in every month, you have the hour and minute of Sun-rising.

# Swallow, 1668.

A Table of the ho. and min. of Sun-ſetting every 2<sup>d</sup> day of the year.

days	Januar ho. mi.		Februa. ho. mi.		March ho. mi.		April ho. mi.		May ho. mi.		June ho. mi.	
2	3	56	4	45	5	44	6	46	7	39	8	14
4	3	59	4	50	5	48	6	50	7	43	8	15
6	4	2	4	54	5	52	6	54	7	46	8	16
8	4	4	4	58	5	56	6	58	7	49	8	17
10	4	7	5	2	6	0	7	2	7	53	8	77
12	4	9	5	6	6	4	7	6	7	55	8	17
14	4	12	5	10	6	8	7	10	7	58	8	17
16	4	15	5	14	6	12	7	14	8	0	8	16
18	4	17	5	18	6	16	7	17	8	2	8	15
20	4	20	5	22	6	20	7	22	8	4	8	14
22	4	23	5	26	6	24	7	25	8	6	8	13
24	4	27	5	30	6	28	7	28	8	8	8	12
26	4	31	5	34	6	41	7	31	8	10	8	11
28	4	35	5	38	6	35	7	53	8	12	8	10
30	4	39	0	0	6	29	7	38	8	13	8	9
days	July ho. mi.		August ho. mi.		Septem. ho. mi.		October ho. mi.		Novem ho. mi.		Decemb ho. mi.	
2	8	6	7	21	6	21	5	19	4	23	3	45
4	8	4	7	17	6	18	5	15	4	20	3	45
6	8	2	7	14	6	14	5	11	4	16	3	44
8	8	0	7	10	6	10	5	8	4	13	3	43
10	7	57	7	6	6	6	5	4	4	9	3	43
12	7	54	7	2	6	2	5	0	4	6	3	43
14	7	52	6	58	5	58	4	56	4	3	3	43
16	7	49	6	54	5	54	4	52	4	1	3	44
18	7	45	6	49	5	49	4	48	3	59	3	45
20	7	42	6	45	5	45	4	45	3	57	3	45
22	7	39	6	40	5	40	4	41	3	55	3	46
24	7	36	6	36	5	36	4	38	3	53	3	48
26	7	33	6	32	5	32	4	35	3	51	3	50
28	7	30	6	28	5	28	4	31	3	49	3	51
30	7	26	6	24	5	24	4	28	3	47	3	59



# January hath xxxi days.

New moon the 3 day, 37 min. past 7 at night.  
 First quarter the 10 day, 52 min. past 11 at night.  
 Full moon the 19 day, 23 min. past 4 in the morn.  
 Last quarter the 26 day, 42 min. past 1 after noon.

1	a	Circ. of Christ	21	13	Sagit.	18	Pretty milde
2	b	Octab. Steph.	22	14	Capric.	3	weather.
3	c	Enoch	23	16		18	♂ ☉ ☾
4	d	Telephorus	24	17	Aquar.	3	Rain or snow.
5	e	1 fund. aft. Ch.	25	18		18	Something
6	f	Epiphanie.	26	19	Pisces	2	warm and
7	g	Julianus	27	20		16	windy.
8	a	Erhardus	28	21		29	* ♄ ☾
9	b	Jodoc. conf.	29	23	Aries	12	* ♀ ☾
10	c	Sun in Aquar.	0	24		24	Fair and
11	d	Dyginus	1	25	Taur.	7	frosty.
12	e	1 fund. aft. Ep.	2	26		19	☐ ♀ ☾
13	f	Hilarie Bish.	3	27	Gem.	0	Cold wind
14	g	Felix	4	28		12	and snow.
15	a	Mauritius	5	29		24	* ♃ ☾
16	b	Marcellus	6	30	Canc.	6	Δ ♂ ☾
17	c	Antonius	7	21		18	Some wind.
18	d	Pollex virg.	8	32	Leo	0	Like to be
19	e	Septuagesima	9	33		13	frosty.
20	f	Octab. Hilar.	10	34		25	Fair and
21	g	Agnes.	11	35	Virgo	8	good.
22	a	Vincentius	12	36		21	Δ ♀ ☾
23	b	Term begins	13	37	Libra	4	Δ ♄ ☾
24	c	Cinothy. bish.	14	38		18	Something
25	d	Conv. of Paul	15	39	Scorp.	1	windy.
26	e	Sextagesima	16	39		15	Fair.
27	f	Quind. Hilar.	17	40		29	Storms.
28	g	Carol. Mag.	18	41	Sagit.	14	* ☉ ☾
29	a	Valerius	19	42		28	Fair and
30	b	K. Charl. Mart.	20	42	Capric.	12	milde.
31	c	Eustacius	21	43		27	wind at night.

# February hath xxix days.

New moon the 1 day, 12 min. past 7 in the morning.  
 First quarter the 9 day, 2 min. past 3 at night.  
 Full moon the 17 day, 19 min. past 8 at night.  
 Last quarter the 24 day, 28 minutes past 9 at night.

1	d	Bridget Fast	22	44	Aquar.	12	Cool missing.
2	e	Purif. Shro. sun.	23	44		26	* h C
3	f	Craft. Purif.	24	45	Pisces	10	Rain.
4	g	Geronica	25	46		24	
5	a	Ash wednesd.	26	46	Aries	7	Wind and
6	b	Dorothe	27	47		20	snow.
7	c	Ingulus	28	47	Taur.	2	Cloudy, cool,
8	d	Salom.	29	48		15	♂ ♂ C
9	e	Quadr. O in x	0	48		27	Fair and good
10	f	Octab. Purif.	1	48	Gem.	8	Δ h C
11	g	Euphrosina	2	49		20	Q apog.
12	a	Ember Week	3	49	Canc.	2	Term ends.
13	b	Wolfran bish	4	49		14	Δ ♂ C
14	c	Valentine m.	5	50		26	Δ ♀ C
15	d	Faustine	6	5	Leo	9	□ ♂ C
16	e	2 sun. in Lent	7	50		21	Cloudy, cold
17	f	Constant.	8	50	Virg.	4	and some
18	g	Concordia	9	50		17	snow.
19	a	Sabine	10	51	Libra	1	Wet and
20	b	Eucharis	11	51		14	windy.
21	c	9 Martirs	12	51		28	Freezing.
22	d	Cath. Met.	13	51	Scorp.	12	Cold storms.
23	e	3 sun. in Lent	14	51		26	Cooler and
24	f	Δ ♀ Q Fast	15	51	Sagit.	10	moist Q perig.
25	g	Matthias ap.	16	51		24	
26	a	Victorinus	17	5	Capr.	8	Storms of
27	b	Alexander	18	52		23	rain, or snow.
28	c	Macarius	19	50	Aquar.	7	♂ h C
29	d	Romanus	20	50		21	Windy. ♂ Q

# March hath xxxi days.

New moon the 1 day, 40 min. past 7 at night.  
 First quarter the 10 day, 40 min. past 4 after noon.  
 Full moon the 18 day, 16 min. past 9 before noon.  
 Last quarter the 25 day, 14 min. past 4 in the morning.

1	<b>D</b>	Midlent sund.	21	50	Pisces	5	Fair and
2	e	Thadde bish.	22	49		15	good wea-
3	f	Mabozitius	23	49	Aries	2	ther.
4	g	Adria. mart.	24	47		15	Rain at
5	a	Eusebius	25	48		28	night.
6	b	Victor	26	48	Taur.	10	Cloudy
7	c	Perpetua	27	47		23	Cold wind.
8	<b>D</b>	5 sun. in Lent	28	47	Gem.	5	Snow or
9	e	40 Martyrs	29	6		16	rain.
10	f	Sun in Aries	0	46		28	Cold windy
11	g	Anurion	1	45	Canc.	10	weather.
12	a	Gregory	2	44		22	V c & g.
13	b	Theodore	3	44	Leo	4	White clouds.
14	c	Leo bish.	4	43		17	Moist and
15	<b>D</b>	Palm sunday	5	42		29	windy.
16	e	Boniface	6	41	Virgo	12	Hail.
17	f	Gertrude.	7	40		26	
18	g	Edw. k. mar.	8	40	Libra	10	Cool, moist.
19	a	Jos. hus. of M	9	39		24	Cloudy. Snow.
20	b	Cuthbert. bi.	10	38	Scorp.		Good Friday.
21	c	Benedict Fast	11	37		22	Cold weather
22	<b>D</b>	Easter day	12	36	Sagit.	7	Windy.
23	e	Theodore.	13	35		21	Thund like.
24	f	Δ. 4 C. Fast	14	34	Capr.	5	Fair and
25	g	Annun. Mary	15	32		19	good.
26	a	Castor mart.	16	31	Aqua.	3	Wind.
27	b	Martian	17	30		17	Some
28	c	Dorothe btr.	18	29	Pisces	1	rain.
29	<b>D</b>	Low Sunday	19	28		14	Fair and
30	e	Anurion. mar.	20	26		27	good.
31	f	Baltin	21	5	Aries	10	* h C

# April hath xxx days.

New Moon the first day, 8 min. past 9 before noon.  
 First quart. the 9 day, 35 min. past 11 before noon.  
 Full moon the 16 day, 24 min. past 7 at night.  
 Last quarter the 23 day, 50 min. past 10 before noon.  
 New moon the last day, 34 min. past 11 at night.

1	g	Theob. bish.	22	23	Aries	24	
2	a	Mary Egypt	23	22	Taur.	6	Turbulent
3	b	Richard bish.	24	21		18	winds with
4	c	Amby. bish.	25	19	Gem.	1	rain, thunder,
5	d	2 sun. aft. Est.	26	18		13	hail or fleet.
6	e	Quind. Pasch.	27	16		24	Cool air.
7	f	Celestinus	28	14	Canc,	6	Better wea-
8	g	Term begins	29	13		18	ther to the
9	a	Sun in Taur.	0	11	Leo	0	fourteenth
10	b	Ezekiel	1	10		12	day.
11	c	Leo pap.	2	8		24	
12	d	2 sun. aft. East.	3	6	Virgo	7	* ♂ ☾
13	e	Tres Pasch.	4	4		20	△ ♀ ☾
14	f	Elburting	5	3	Libra	4	Cold winds.
15	g	Olympia	6	1		18	△ ♀ ☾
16	a	Adore bish.	6	59	Scorp.	2	Thunder and
17	b	Anicetus	7	57		17	storms.
18	c	Elutherius	8	55	Sagit.	2	Cold nights.
19	d	4 sun. aft. East.	9	53		17	Rain-like.
20	e	Mens. Pasch.	10	51	Capr.	1	* ♂ ☾
21	f	Sim. Episc.	11	49		16	Fair & good.
22	g	Sothor bish.	12	47	Aquar.	0	Rainy dark
23	a	George Mart.	13	45		14	weather.
24	b	Wilfride bish.	14	43		28	Cold morning
25	c	Mark Evang.	15	41	Pisces	11	dews.
26	d	Rogat. sund.	16	39		24	☐ ♀ ☾
27	e	Quinq. Pasch.	17	36	Aries	7	* ♀ ☾
28	f	Altatis	18	34		20	Very
29	g	Sybilla Fast	19	32	Taur.	2	windy.
30	a	Ascens. day.	20	30		15	Fair & good.

# May hath xxxi. days.

First quarter the 8 day, 32 min. past 5 after noon.  
 Full moon the 16 day, 33 min. past 3 in the morn.  
 Last quarter the 22 day, 36 min. past 6 after noon.  
 New moon the 30 day, 33 min. past 2 after noon.

1	b	Phil. & James	21	27	Taur.	27	* ♀ ♀ Some
2	c	Craft. Ascen.	22	28	Gem.	9	showers.
3	d	6 Sun. aft. East	23	23		21	☾ apog.
4	e	Term ends	24	20	Canc.	3	Windy storms.
5	f	Gothard	25	18		15	* ♀ ☾
6	g	Joh. Port. Lat.	26	15		26	* ☉ ☾
7	a	Jubenal.	27	13	Leo	8	Cool, cloudy.
8	b	Appar. Mic.	28	11		20	☐ ♀ ☾
9	c	Nichol. tran.	29	8	Virgo	3	* ♂ ☾ Some
10	d	Whitsunday	0 II	6		15	thunder.
11	e	Sun in Gem.	1	3		28	△ ☉ ☾
12	f	Pancratius	2	0	Libra	12	△ ♀ ☾
13	g	Ember week	2	18		26	Thunder-like.
14	a	Bonif. mart.	3	15	Scorp.	10	△ ♀ ☾
15	b	Ador. mart.	4	13		25	♂ ♀ ☾ Hot
16	c	Peregrine	5	10	Sagitt.	10	weather.
17	d	Trin. Ordin.	6	47		25	* ♂ ☾
18	e	Craft. Trin.	7	45	Capr.	10	☐ ♀ ♀ Hail
19	f	Sarah.	8	42		21	or rain.
20	g	Barnardine	9	39	Aquar.	10	Cold night.
21	a	Corp. Christi	10	37		24	△ ♂ ☾
22	b	Term begins	11	34	Pisces	8	☐ ☉ ☾
23	c	Desid. mart.	12	31		21	* ♀ ☾
24	d	1 after Trin.	13	28	Aries	4	△ ☉ ♀ Clouds
25	e	Octab. Trin.	14	26		17	wind and
26	f	Quadratus	15	23		29	wet.
27	g	Bede priest	16	20	Taur.	11	Afterward
28	a	Germ. bish.	17	17		24	very good
29	b	K. Char. ret.	18	15	Gem.	6	weather to
30	c	Felix bish. m.	19	12		18	the moneths
31	d	2 after Trin.	20	9		29	end. ☾ apog.

# June hath xxx days.

First quarter the 7 day, 14 min. past 4 after noon.  
 Full moon the 14 day, 33 min. past 10 before noon.  
 Last quarter the 21 day, 20 min. past 4 in the morn.  
 New moon the 29 day, 35 min. past 8 in the morn.

1	e	Quind. Trin.	21	6	Canc.	11	Fine fair
2	f	Marcellinus	22	3		23	weather.
3	g	Erasmus	23	0	Leo	5	Rain-like.
4	a	Petrocius	23	57		17	Wind with
5	b	Boniface m.	24	54		29	clear fair
6	c	Artemius	25	52	Virgo	12	weather.
7	d	3 after Trin.	26	49		24	☐ ♀ ☾
8	e	Tres Trin.	27	46	Libra	7	Sudden
9	f	Barnimus	28	43		21	rain and
10	g	Term ends	29	40	Scorp.	5	thunder.
11	a	Barnabas Ap.	0 ☾	37		19	☐ ♀ ☾
12	b	Basil. conf.	1	34	Sagit.	4	Dry winds.
13	c	Antho. con.	2	31		19	* ♀ ☾
14	d	4 after Trin.	3	28	Capr.	4	Very windy
15	e	Valerius	4	25		19	tempestuous
16	f	Roswland	5	22	Aquar.	4	weather.
17	g	Botolph	6	19		19	Scarce fair.
18	a	Marcus	7	17	Pisces	3	Cloudy.
19	b	Gerbase	8	14		17	Δ ♀ ☾
20	c	K. Edw. tran	9	11	Aries	1	* ♀ ☾ West
21	d	5 after Trin.	10	8		14	wnd.
22	e	Albane	11	5		29	Temperate.
23	f	Basil. Fast.	12	2	Taur.	9	Cloudy.
24	g	John Baptift.	12	59		21	Fair and good
25	a	Loy bish. tran	13	56	Gem.	3	♂ ♀ ☾
26	b	Jeremias	14	53		15	weather.
27	c	7 Sleep. Fast	15	50		26	* ♀ ☾
28	d	6 after Trin.	16	47	Canc.	8	Some wind.
29	e	Peter Apost.	17	44		20	Cool
30	f	Com. Paul	18	41	Leo	2	Thunder-like.

# July hath xxxi days.

First quarter the 7 day, 5 min. past 2 in the morn.

Full moon the 13 day, 15 min. past 5 after noon.

Last quarter the 20 day, 45 min. past 4 after noon.

New moon the 28 day, 40 min. past 8 at night.

1	g	Cheobald	1	19	39	Leo	14	Cloudy.
2	a	Visit. Mary	2	20	36		26	* ♂ ♀ Show-
3	b	Cornelius	3	21	33	Virg.	9	ers & wind.
4	c	Elricus	4	22	30		21	* ☉ ☾
5	d	7 after Trin.	5	23	27	Libra	4	△ ♃ ☾
6	e	Wegor	6	24	24		17	△ ♄ ☾
7	f	Becket	7	25	21	Scorp.	0	□ ☉ ☾
8	g	Hilthannus	8	26	19		14	Cool missing.
9	a	Cyrl bish.	9	27	16		28	♂ ♃ ☾
10	b	7 Bzethzen	10	28	13	Sagit.	12	* ♄ ☾
11	c	Wius	11	29	10		27	D perig.
12	d	8 after Trin.	12	0	7	Capr.	12	* ♂ ☾
13	e	Sun in Leo	13	1	5		27	△ ♃ ☾
14	f	Bonabent	14	2	2	Aqu.	12	Thunder and
15	g	Swithin	15	2	59		27	hail.
16	a	Osmond	16	3	56	Pisc.	12	Rain.
17	b	Alexus	17	4	54		26	
18	c	Roana	18	5	51	Aries	9	Fair and tem-
19	d	Dog days beg.	19	6	48		22	perate.
20	e	Margaret	20	7	46	Taur.	5	△ ♀ ☾
21	f	Arbogastus	21	8	43		17	Windy.
22	g	Mary Mag.	22	9	41		29	Thunder,
23	a	Apollinaris	23	10	38	Gem.	11	with rain
24	b	Christin Fast	24	11	35		23	or hail.
25	c	James Apost.	25	12	33	Canc.	5	* ♀ ☾
26	d	10 after Trin.	26	13	30		17	* ♀ ☾
27	e	Martha	27	14	28		29	
28	f	Panthaleon	28	15	25	Leo	11	Cloudy.
29	g	Beatrix	29	16	23		23	□ ♂ ☾
30	a	Eddon.	30	17	20	Virgo	5	□ ♃ ☾
31	b	Germ. bish.	31	18	18		18	* ♂ ☾



# August hath xxxi days.

First quarter the 5 day, 52 min. past 9 in the morn.  
Full moon the 12 day, 3 min. past 1 in the morning.  
Last quarter the 19 day, 24 min. past 8 in the morn.  
New moon the 27 day, at 11 before noon.

1 e	Lammas day	19	16	Libra	1	Very good
2 d	11 aft. Trin.	20	13		14	weather
3 e	Dominicus	21	12		27	and hot for
4 f	Bristarchus	22	9	Scor.	10	the most
5 g	Osvald k.	23	6		24	part till the
6 a	Transfigurat.	24	4	Sagit.	8	19 day.
7 b	Alasice	25	2		22	☿ ♀ ☾
8 e	Symon	26	0	Cap.	6	D perig.
9 d	12 aft. Trin.	26	57		21	* ♂ ☾
10 e	Laurence m.	27	55	Aqu.	6	△ ♃ ☾
11 f	Ciburtius	28	53		21	Some wind:
12 g	Clare breg.	29	51	Pisces	5	Scarce fair.
13 a	Sun in Virgo	0	49		20	♂ ♀ ☾
14 b	Enlebus	1	47	Aries	4	* ♃ ☾
15 e	Assump. of M.	2	45		18	
16 d	13 after Trin.	3	43	Taur.	1	△ ♀ ☾
17 b	Sammes	4	41		13	△ ♀ ☾
18 f	Helen	5	39		26	Hot.
19 g	Sebalous	6	37	Gem.	8	The 19 and
20 a	Keneshi. m.	7	35		20	20 great
21 b	Cyrica	8	33	Canc.	2	Wind: so on
22 e	Simphz. Fast	9	31		13	the 23 and
23 d	14 after Trin.	10	30		25	24 with some
24 e	Barthol. Ap.	11	28	Leo	7	storms.
25 f	Ludobicus	12	26		19	The rest
26 g	Trenens	13	25	Virg.	2	fair and
27 a	Dog da. end	14	23		14	good ♂ ☉ ☾
28 b	August. bish.	15	21		27	weather.
29 e	Decol. J. B.	16	20	Libr.	10	△ ♃ ☾
30 d	15 after Trin.	17	18		24	* ♄ ♂
31 e	Paulinus	18	17	Scorp.	7	Cloudy.



# September hath xxx days.

First quarter the 3 day, 30 min past 4 after noon.  
 Full moon the 10 day, 4 min past 11 before noon.  
 Last quarter the 18 day 43 min. past 2 in the morn.  
 New moon the 26 day, 42 min. before 1 in the morn.

1	f	Giles	19	15	Scorp.	21	This moneth
2	g	Veronica	20	14	Sagit.	4	begins cool &
3	a	Herapia	21	12		18	moist as the
4	b	Theodora	22	11	Capr.	2	last ended.
5	c	Zacharias	23	9		17	The 2 <sup>d</sup> & 4 <sup>th</sup>
6	d	16 aft. Trin.	24	8	Aquar.	1	some thunder.
7	e	Regina	25	7		15	Fair.
8	f	Nat. of Mary	26	6	Pisces	0	Indifferent.
9	g	Borgonius	27	4		14	Very stormy
10	a	Hilar. pap.	28	3		28	& thund. like.
11	b	fel. & Regu.	29	2	Aries	12	Windy storms
12	c	Sun in Libra	0	1		25	Better weath.
13	d	17 aft. Trin.	1	0	Taur.	9	follows for
14	e	Holy rood	1	59		21	many days.
15	f	Nicodemus	2	58	Gem.	4	△ ○ ☾
16	g	Ember week	3	57		16	♂ ♀ ☾
17	a	Lampert	4	56		28	
18	b	Ferriolus	5	55	Canc.	10	☾ apog.
19	c	Januar. Fast	6	54		21	Cloudy cool
20	d	Ordination	7	54	Leo	3	air.
21	e	Matthew Ap	8	53		15	Fairer.
22	f	Mauritius	9	52		27	△ ♂ ☾
23	g	Elodas	10	51	Virg.	10	Fair for the
24	a	Robertus	11	51		23	most part.
25	b	Cleophas	12	50	Libra	6	△ ♀ ☾
26	c	Cyprian	13	49		19	☾ ○ ♂
27	d	19 aft. Trin.	14	49	Scorp.	3	Wind & clou.
28	e	Wencesl. Fa	15	48		17	if not rain
29	f	Michael Arch	16	48	Sagit.	1	also. * ♄ ☾
30	g	Jerome	17	47		15	Fairer.

# October hath xxxi. days.

First quarter the 2 day, 48 min. past 10 before noon.  
 Full moon the 9 day, 33 min. past 11 before noon.  
 Last quarter the 17 day, 5 min. past 11 at night.  
 New moon the 25 day, 51 min. past noon.

1	a	Remigius	18	47	Sagit.	29	Scarce fair.
2	b	Acobegar	19	47	Capr.	13	Very windy.
3	c	Candidus	20	46		27	△ ♃ ☾ 22 p.
4	D	20 after Trin.	21	46	Aqua.	11	Cold wet mi-
5	e	Apolline	22	46		25	sling clouds.
6	f	Faith vrg.	23	45	Pisces	9	□ ♃ ☾
7	g	Marcellus	24	45		23	
8	a	Belagta	25	45	Aries	7	* ♃ ☾
9	b	S. Wen. b. & m	26	45		20	About the full
10	c	Cereon	27	45	Taur.	4	some wind
11	D	21 after Trin.	28	45		17	and wet.
12	e	Wolfride B.	29	45		29	
13	f	Sun in Scorp.	0 m	45	Gem.	12	The 13 and 14
14	g	Calixtus	1	45		24	storms of
15	a	Hebewig	2	45	Canc.	6	hail and
16	b	Gallus	3	45		18	wind.
17	c	Florentius	4	45		29	□ ☉ ☾
18	D	Luke Evang.	5	45	Leo	11	Rain.
19	e	Stolome	6	46		23	Like to freez.
20	f	Tres Mich.	7	46	Virg.	5	Cold snow-
21	g	Ursula	8	46		18	like or fleeting
22	a	Corpula	9	46	Libra	1	weather.
23	b	Term begins	10	47		14	□ ♂ ☾
24	c	Salome	11	47		28	T d ♃ ♀
25	D	23 aft. Trin.	12	48	Scorp.	12	Cold moist
26	e	Amundus	13	48		26	air. ♂ ♀ ☾
27	f	Menf. M. Fast	14	48	Sagit.	11	Some wind.
28	g	Sim. & Jude	15	49		25	Rain-like.
29	a	Partians	16	49	Capr.	10	Fairer.
30	b	Cheonestus	17	50		24	Milde.
31	c	Wolfg. Fast	18	51	Aqua	8	Colder misling

# November hath xxx days.

First quarter the first day, 30 min. past 6 in the morn.  
 Full moon the 8 day, 52 min. past 2 after noon.  
 Last quarter the 16 day, 15 min. past 7 at night.  
 New moon the 24 day, 30 min. before 1 in the morn.  
 First quarter the 30 day, 6 min. past 4 at night.

1	<b>All Saints</b>	1	51	Aquar.	21	☐ ☉ ☾
2	<b>e All Souls</b>	20	52	Pisces	6	Very windy
3	<b>f Craft. anjm.</b>	21	52		20	and stormy.
4	<b>g Modestine</b>	22	5	Aries	3	Snow-like the
5	<b>a Powder-meat.</b>	23	54		16	4 <sup>th</sup> , 6 <sup>th</sup> , 8 <sup>th</sup> .
6	<b>b Leonard</b>	24	55	Taur.	0	☐ ♂ ☾
7	<b>c Florentinus</b>	25	55		12	Cloudy.
8	<b>d 15 aft. Trin.</b>	26	56		25	△ ♂ ☾
9	<b>e Theodoie</b>	27	57	Gem.	8	△ ♀ ☾
10	<b>f Crastus</b>	28	58		20	Some wind.
11	<b>g Martin bish.</b>	29	59	Canc.	2	Temperate.
12	<b>a Sun in Sagit.</b>	0 ♄	59		14	Rain-like.
13	<b>b Balce</b>	2	0		25	♂ ♂ ☾
14	<b>c Frederick</b>	3	1	Leo	7	Cool, cloudy.
15	<b>d 26 after Trin.</b>	4	2		19	Fair, inclining
16	<b>e Otharmus</b>	5	3	Virgo	1	to frost.
17	<b>f Antianus</b>	6	4		13	
18	<b>g Octab. Mart.</b>	7	5		26	☐ ♀ ☾
19	<b>a Elizabeth</b>	8	6	Libra	9	△ ♀ ☾
20	<b>b Agapine</b>	9	7		22	Rain or snow.
21	<b>c Obl. Mar.</b>	10	8	Scorp.	6	Cold cloudy
22	<b>d 1 after Trin.</b>	11	9		20	air.
23	<b>e Clement</b>	12	11	Sagit.	5	Something
24	<b>f Chrysolog.</b>	13	12		19	milder.
25	<b>g Quind. Mart.</b>	14	13	Capr.	4	Some wind.
26	<b>a Conradus</b>	15	14		19	☾ perig.
27	<b>b Agricola</b>	16	15	Aquar.	4	cool, cloudy.
28	<b>c Term ends</b>	17	16		19	Milder.
29	<b>d Advent. fund.</b>	18	17	Pisces	3	Fair and
30	<b>e Andrew Ap.</b>	19	19		17	good

# December hath xxxi days.

Full moon the 8 day, 57 min. past 8 in the morn.  
 Last quarter the 16 day, 36 min. past 1 after noon.  
 New moon the 23 day, 19 min. past 11 before noon.  
 First quart. the 30 day, 21 min. past 4 in the morn.

1	c	Eligius	20	20	Aries	0	Milde wea-
2	g	Candida	21	21		14	ther.
3	a	Cassian	22	22		26	Δ ♀ ☾
4	b	Barbara	23	24	Taur.	9	Rain or snow.
5	c	Dabine	24	25		22	Windy freez-
6	d	1 fund. in Adv.	25	26	Gem.	4	ing weather.
7	e	Agath. mart.	26	27		16	Δ ♂ ☾
8	f	Concep. Mary	27	29		28	* ♂ ♀
9	g	Joachim	28	30	Canc.	10	Δ ♀ ☾
10	a	Miltiades	29	31		22	☾ apog.
11	b	Sun in Capr.	0	32	Leo	4	Temperate.
12	c	Epimachus	1	34		16	Cloudy cool
13	d	3 fund. in Ad.	2	35		28	spittings.
14	e	Nicholas	3	36	Virg.	10	The 13 a fine
15	f	Abraham	4	38		22	day, and so
16	g	Ember Week	5	39	Libra	4	on for many
17	a	Lazarus	6	40		17	days not
18	b	Christopher	7	42	Scorp.	0	unfitting the
19	c	Remes. Fast	8	43		14	season.
20	d	Ordination	9	44		28	The 19 cool &
21	e	Thomas Apo.	10	45	Sagit.	13	cloudy: then
22	f	Chiridonius	11	47		28	snow or rain,
23	g	Alator bish.	12	48	Capr.	13	& some wind.
24	a	Ad. & E. Fast	13	49		28	Like to be
25	b	Christmas d	14	51	Aqua.	13	frosty, with
26	c	S. Stephen	15	52		28	snow.
27	d	S John Evan.	16	53	Pisces	12	* ☉ ☾
28	e	Innocents d.	17	54		26	* ♀ ☾
29	f	Tho. Becket	18	56	Aries	10	Very cold and
30	g	David	19	57		22	freezing.
31	a	Stroester	20	58	Taur.	6	cold abated.



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A most ready and plain Table to finde Easter day for ever, by the Golden Number, and Sunday letter.

G.N.	A	B	C	D	E	F	G
i	Apr. 9	apr. 10	apr. 11	apr. 12	apr. 6	apr. 17	apr. 8
ii	Mar 26	mar. 17	mar. 28	mar. 29	mar. 30	mar. 31	apr. 1
iii	Apr 16	apr. 17	apr. 18	apr. 19	apr. 20	apr. 14	apr. 15
iv	Apr. 9	apr. 3	apr. 4	apr. 5	apr. 6	apr. 7	apr. 8
v	Mar 26	mar. 17	mar. 28	mar. 29	mar. 23	mar. 24	mar. 25
vi	Apr. 16	apr. 17	apr. 11	apr. 12	apr. 13	apr. 14	apr. 15
vii	Apr. 2	apr. 3	apr. 4	apr. 5	apr. 6	mar. 31	apr. 1
viii	Apr. 23	apr. 24	apr. 25	apr. 19	apr. 20	apr. 21	apr. 22
ix	Apr. 9	apr. 10	apr. 11	apr. 11	apr. 13	apr. 14	apr. 8
x	Apr. 2	apr. 3	mar 28	mar. 29	mar. 30	mar. 31	apr. 1
xi	Apr 16	apr. 17	apr. 18	apr. 19	apr. 20	apr. 21	apr. 22
xii	Apr 9	apr. 10	apr. 11	apr. 5	apr. 6	apr. 7	apr. 8
xiii	Mar 26	mar. 27	mar. 28	mar. 29	mar. 30	mar. 31	mar. 25
xiv	Apr 16	apr. 17	apr. 18	apr. 19	apr. 13	apr. 14	apr. 15
xv	Apr 2	apr. 3	apr. 4	apr. 5	apr. 6	apr. 7	apr. 8
xvi	Mar 1	apr. 27	mar. 28	mar. 22	mar. 23	mar. 24	mar. 25
xvii	Apr 16	apr. 10	apr. 11	apr. 12	apr. 13	apr. 14	apr. 15
xviii	Apr 2	apr. 3	apr. 4	apr. 5	mar. 30	mar. 31	apr. 1
xix	Apr 23	apr. 24	apr. 18	apr. 19	apr. 20	apr. 21	apr. 22

And take this for a general rule ;

The same day 7 weeks { before } Easter, is { Shrovesunday.  
after } whitsunday.  
A fortnight before { Shrovesunday } is { Septuagesima.  
whitsunday } Rogation-sunday.  
And the Sunday after { Shrovesunday } is { Quadragesima.  
whitsunday } Trinitie Sunday.

Also, whensoever the Golden Number is 3, 6, 9, 12, 15, or 18 then the Epact is the same. But

The Gol. Num. 1 | 2 | 4 | 5 | 7 | 8 | 10 | 11 | 13 | 14 | 16 | 17 | 19

The Epact is 11 | 12 | 14 | 25 | 17 | 28 | 20 | 1 | 2 | 3 | 4 | 26 | 29

B

A

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*A note concerning the falling of Easter.*

Note, that when the *Golden Number* is either 5, 13, or 16, and the *Dominical letter* G, that then *Easter day* falleth on *March 25*, or our *Lady day*.

Note likewise that when the *Golden number* is 8, and the *Dominical letter* C, that then *Easter day* falleth on the 25 of *April*, or *Saint Marks day*.

Note likewise that *Easter* falleth between the 21 of *March*, and the 26 of *April*: but these two days are to be excluded; it never falleth on them, but between them.

*The nature of the 12 Signes, and 7 Planets.*

*Aries*, *Leo* and *Sagittar*. are hot and dry signs.

*Taurus*, *Virgo*, and *Capricorn*, are cold and dry.

*Cancer*, *Scorpio*, and *Pisces*, are wet and cold.

*Gemini*, *Libra*, and *Aquarius*, are windy signs.

Northern signes are,

*Aries*, *Taurus*, *Gemini*, *Cancer*, *Leo*, *Virgo*.

Southern signes are these.

*Libra*, *Scorpio*, *Sagittar*. *Capricorn*. *Aquar*. *Pisces*.

*Saturn* is cold and dry, intemperate.

*Jupiter* is hot and moist, temperate.

*Mars* is hot and dry, intemperate.

The *Sun* is hot and dry, temperate.

*Venus* is cold and moist, temperate.

*Mercury* is variab'e, according to the nature of that planet with which he is joyned or aspected.

*Luna* the Moon is cold and moist, intemperate.

How

How the Sun cometh to be eclipsed.

**A**N eclipse of the Sun is nothing else, but the Interposition of the body of the Moon between the Sun and the Earth, or between the Sun and our sight.

How the Moon cometh to be eclipsed.

**T**HE Sun never goeth from under the ecliptick line, but the Moon hath five degrees of latitude on either side of the ecliptick: at such full Moons then as the Moon shall be little or nothing in latitude, and under the ecliptick line, opposite to the Sun diametrically, then shal she be eclipsed, because then there will be an interposition of the Earths dark and grosse body between them, which will shadow the Suns light from the Moon, being of her self but of a dusky shining, without the Suns reflection on her.

Of the Ecipses this year.

**O**N the 16 day of *May* in the morning, we in *England* may see the Moon eclipsed at her setting: for she setteth then eclipsed in the fifth degree of *Sagittary*. This is the first Eclipse.

Beside which there is another which will be visible in *England* ( if clouds hinder: or ) upon the twenty fifth of *October*, and is an Eclipse of the Sun. It beginneth at twenty four minutes past eleven in the forenoon, and endeth in the afternoon at ten minutes before two. So that the whole time is two hours and twenty six minutes.



Of measures Geometrical.

**T**Hree barley corns in length make an inch, if they be taken out of the middle of the eare, and laid one at the end of another. But note, that this is not to be understood as if all barley corns of equall drinesse, and taken out of the middle of divers eares, were of equall length; for we see they both differ in regard of the soil, some bringing forth longer, some shorter corn. The meaning therefore is, that at the first institution of our measure, it was taken from a barley corn, but now it is rather to be taken from that Standard which hath been continued, then to seek to make a new one.

In a foot of board or glafs is contained 144 square inches.

In a foot of timber be a great many more: for in a foot of timber be 1728 cubicall square inches: But of square quarters of inches 110592.

And note that the compass of the earth is 21600 miles.

But the thicknesse of the earth is no more then 6873 miles.

And as for the true measuring of board or glafs, see the following table. It is plain and easie, and good husbandry to regard and use it.

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or

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Breadth of  
the board,  
or glafs. How much  
in length for  
a foot.

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# The use of this Table.

Inches	inches	parts.
1	144	0
2	72	0
3	48	0
4	36	0
4 & half.	32	0
5	28	9
5 & half.	26	2
6	24	0
6 & half.	22	1
7	20	7
7 & half.	19	2
8	18	0
8 & half	17	0
9	16	0
9 & half.	15	2
10	14	5
10 & half	13	8
11	13	1
11 & half	12	6
12	12	0
12 & half	11	6
13	11	1
14	10	3
15	9	7
16	9	0
17	8	5
18	8	0
19	7	7
20	7	2
21	6	10
22	6	6
23	6	3
24	6	0

**F**Inde the breadth of the board or glafs on the side of the Table, under that title, and against the same you have the inches & parts of inches, that must be had in length for a foot.

## Example.

Against five inches is 28 inches and nine parts of an inch : and note, that twelve of them parts are an inch; that is, 28 inches and three quarters in length make a foot, when the breadth is five inches.

Also, when the breadth is five inches and an half, then 26 inches and two parts are a foot. If six and an half in breadth, then 22 inches and two parts in length make a foot. But if six, then 24. And so the like of the rest

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*Of a Year.*

**I**N all matters Legal, the year begins not with *I*us untill the 25 day of *March*, so that the year which doth begin on the first of *January* is the Julian year, instituted by *Julius Cesar*. It hath in it 365 dayes and a quarter, 8766 houres, 525900 minutes.

*Of a Day.*

A day, in all Legal or Law matters, is accounted but from Sun to Sun: so that one, who hath a sum of money to pay on a set day by bond, need not tender his money before or after Sun. This kind of day is that which we call an artificial day; but a day natural is to be accounted from midnight to midnight, and so do they reckon the day for indictments of murder.

*Of Matthias in the Leap-year.*

In every Leap-year, the 24 and 25 dayes of *February*, in suits at Law, are to be accounted both as one. But for keeping of Fairs, those which use to be on the 24 must be kept on the 25, because *Matthias* is not untill the 25 when it is Leap-year.

*Of*

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*Of the Prime.*

The Moon is laid to be primed when she is three dayes and eighteen hours old, being then in her half quarter and four parts of the compasse eastwards from the Sun.

*Of the four Cardinal winds, together  
with their effects, in breeding or  
bringing Sickness.*

**T**He East wind called *Subsolannus*, breedeth in cholerick bodies sharp feavers, raging madnesse, and perillous Apostumations: in winter it is ever cold, it bloweth seldome in the night, and this one thing is proper to it, if that it do chance to bring rain, it continueth a whole day together.

The South-wind called *Auster*, is of nature hot and moist: it breedeth corrupt humours, and in hot bodies cramps, giddinesse in the head, or the falling sicknesse, pestilence, and cruel Feavers.

The West-wind called *Favonius*, is of nature cold and moist; it breedeth phlegme in moist bodies, it procureth sleep, breedeth Apoplexies, and the like. In the spring it greatly refresheth all things, brings abroad the blood, and the sound humours, which lay hid in winter, much refreshing the mind. Howbeit near

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the end of Autumn, when winter beginneth to approach, it then grows churlish both on sea and land.

The North-wind called *Septentrio*, is of nature cold, and it is good against the Pestilence, and yet in cold bodies it breedeth plurisies, coughs, gouts, and in some squinances; yet of all winds it is held to be the wholesomest, although it be the sharpest in our winter moneths.

Note that what is spoken thus of their effects, is meant of their long standing in the said quarters.

Know also that a continual still Summer, is a signe of Plague or Earth-quake.

*Of Bloud letting, and some other  
Physical Observations.*

**I**N youth, let bloud from the change to the first quarter.

In middle age, from the first quart. to the full.

In elder years, from the full to the last quarter.

And in old age, from the last quarter to the change.

But know that under the age of 14, and above 56, it is not good to bleed at all.

Again in the *Canicular*, or *Dog-daies*, it is very hurtful to take any physick, unlesse there  
be

be great need : and indeed necessity hath no law ; wherefore in such a case, the disease being desperate, the cure must be adventured.

Take a purgation when the Moon is in *Trine* or *Sextile* aspect with *Venus*, decreasing in any of these three signes, *Cancer*, *Scorpio*, or *Pisces* and it will be sure to work the better, because when a moist planet in a moist signe hath such an aspect, the humours in the body are then stirred up and down, and so the better purged out. Wherefore in this case it cannot be amiss to prepare humours by something or other which is laxative; and let this be while the Moon is either in *Gemini*, *Libra*, or *Aquarius*.

Take a vomit that it may work thoroughly, when the Moon is in *Aries*, *Taurus*, or *Capricorn*. And know that the aspects of the Moon in *Saturn* or *Mars*, or the Moon in *Leo*, ought to be eschewed, in the taking of medicines. Finally, if necessity urge no haste, these observations are expedient : for it is a plain truth, That the change of weather upon differing aspects, doth greatly change and alter our bodies.

*Things good for the Eyes.*

**A**Ll green colours, cold water, fennel, the water of white roses distilled, celendine, eye-bright, vervine, agrimony, cloves ; and for hot eyes the juice of Houf-leek, softly boiled in the shell of a new-laid egg; till it be clean scummed, is very good.

*Things*

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*Things ill for the Eyes.*

**T**O look much at red colours, or at fire; to read soon after supper, to eat garlick, onions, radish-roots, salt-meats, cole worts, and pulse; as also to drink wine that is both thick and sweet; smoke likewise and dust be very bad, and to anoint the eyes with Bats-bloud will clean put them out: according to the old Proverb; *The bloud of a Bat will make a man see as well by night, as by day*: which may well be in him that cannot see at all.

*Things good for the Brain.*

**T**O smell to camomil, musk, or red-roles, to wash the temples often with rose-water, to eat sage measurably, to drink wine not overmuch to keep the body warm, to wash the hands often, to walk and sleep measurably, to eat mustard and pepper, and not to be troubled with too much noise.

*Things ill for the Brain.*

**L**Ate suppers, much sleep after meat, anger, to smell to a white rose; garlick, onions, much milk and cheese, to stand long against your use bare-headed, to eat hastily and overmuch, to eat too liberally on any kinde of brains, much sweat in labour or travel, and a besotted practise, or daily course of drinking.

*Other*

## Swallow 1668.

### *Other notes fit to be known.*

**N**Ote that sixty minutes make an hour. Forty five minutes make three quarters of an hour. Thirty minutes make half an hour, Fifteen minutes make a quarter of an hour. Twelve inches make a foot. Three feet, or 36 inches make a yard. Three feet nine inches, or 45 inches make an ell. Sixteen feet six inches make one pole or rod to measure land withall. Forty poles make one Furlong. Eight Furlongs make one mile. Five foot make a pace: 1000 such paces make an *Italian* mile, which is shorter by 280 foot then the *English* mile.

### *Observations for Husbandmen, and others.*

**I**N *January* take away superfluous branches from fruit-trees, and prepare your ground for gardens, uncover tree-roots, cut your vines in some of the twelve dayes.

Set quick-sets, rose, and fallets in the moneth of *Februarie*. And now cover up the roots of your trees with good earth, which you opened in the beginning of *January*.

In *March* you may graft; but in planting and grafting chuse a warm time; wherefore let not the wind be in the *East* or *North*, because such winds are commonly nipping, especially being helped by any aspect of the Moon, with *Saturn*  
or

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or *Venus*, in cold signes; as *Virgo*, *Capricorn*, *Taurus*, *Scorpio*, *Pisces*, or *Cancer*.

In the end of *April*, or beginning of *May*, set and sow tender herbs and seeds in your gardens, in a good temperature of air.

If you mean to preserve flowers or seeds, gather them in a full moon; let the sun shine first upon them, and they will keep the better. But let them not be dried in the sun, lest the sun draw away part of their virtue.

Remove young trees either in the end of *October*, *November*, or *February*, the moon increasing; and be sure to set that side south which was south before; because it cannot endure the cold north.

Shear sheep the moon increasing, and their fleeces will grow the better again. The like observe for cutting of hair, the moon in *Taurus*, *Scorpio*, or *Libra*.

Geld cattel the moon in *Aries*, *Sagittarius*, *Capricorn*, being in her last quarter.

Gather all fruits that you mean to keep, in a dry time when the moon is at the full.

Sow all such seeds as have round roots (as onions, leeks, turneps, &c.) either three or four dayes before the full, or three or four dayes after the full.



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Of many and sundry Fairs in *England*, as they have heretofore been set forth by others, and are now continued for the common good.

*January.*

The 5 day at Hicketford in Lancashire: the 6 day at Salisbury: the Thursday after at Banbury: the 25 at Gravesend, Bristol, Churchingford, Northallerton in Yorksh. every Wednesday from Christmas untill June.

*February.*

The first day at Bromly in Lancashire: the 2 day at Reading in Barksh. Maidstone, Bicklesworth, Becklesfield, Bath, Lin, Bugworth: the 3 day at Brogrove: on Valentines day at Owndle in Northamptonshire, Faversham: the 24 day at Henly upon Thames, Baldock, on Ashwednesday at Royston, Dunstable, Eaton, Tamworth, Tunbridge, Lichfield, Exeter, Ciceter: the first Thursday in Lent at Banbury.

*March.*

The 3 day at Bromwel-braks in Norfolk: the 4 at Bedford: the 12 at Alsome in Norfolk, Sudbury, Wootton: the 13 at Wye, Bodwin in Cornwall: the 20 at Durham: the Monday before our Lady-day at Kendal, Wisbich: the 25 day at Huntington, Northampton, Malden, Ashwel in Hartfordshire, Newcastle: Midlent at Saffron-Walden in Essex: Goodfriday at Norwich: Palm Sunday-eve at Wisbich, Worcester, Pomfret.

*April.*

Easter-monday at Oney in Bedfordsh. Gainsborough:  
Easter-tuesday at Daintry in Northamptonsh. Godmon-  
chester.

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chester, Schole in Norfolk, S. Edmonds bury: on Wednesday at Wellingborough in Northamptonsh. on Friday in the same week at Darby: on Saturday at Bicklesworth: the 2 at Hirchen, Rochford, Northfleet: the 7 at Darby: the 9 at Billingsworth, Bicklesworth: the 22 at Stabford: the 23 at Ipswich, Harbin in Norfolk, Northampton, Saplar in Hartfordsh. Charing, Hinningham, Tamworth, Bury in Lancashire, S. Pombs in Cornwall: the 27 at Dunmow in Essex, Oakham in Rutlandshire, Buckingham, Darby: the 29 at Tenderden in Kent, Cleet: the 30 at Beverly a week together.

### May.

The first day at Haveril in Essex, Layton-buzzard in Huntingtongsh. Rippon in Yorksh. Reading, Maidstone, Tuxford in the clay: the 3 at Elstow in Bedfordsh. Noneaton in Warwicksh. Thedford in Norfolk, Chelmsford in Essex, Waltham-Abby, Hinningham, Rochdale, Bramyard: the 7 at Newton in Lancashire Beverly, Oxford: the 10 at Rochester, Dunstable, Magfield in Suffolk: on Rogation-monday at Reach: on Ascension day at Thaxted, Beverly, Rippon, Sudminster, Bishopsstratford, S. Eedes Wickam in Lancashire, Middlewich in Chesh. Chappel-frith in Darbyshire: on Whitsun even at Skipton in Craven: on Whitsun-monday at S. Ives, Rygate in Surrey, Bicklesworth, Bradford, Agmuntham in Buckinghamsh: on Whitsun-tuesday at Newmarket: on Wednesday at Royton: on Thursday at Owndle in Northamptonshire: the 26 day at Lenham: the 29 at Crainbrook.

### June.

On Trinity-eve at Rowel, Kendal: on Corpus Christi at Banbury, Bishops stratford, S. Eedes, Coventry, Newbury: the 9 at Maidstone: the 11 at Breme in Norfolk, Bardfield in Essex: the 17 at Hadstock: the 23 at S. Albans

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S. Albans, Deerham in Norfolk, Shrewsbury: the 24 at Halton in Suffolk, Barnwel beside Cambridge, Bedford, Colchester, Rumford, Reading, Windsor, Halifax, Hartford, Beverly, Hallingden: the 26 at Bristol, Darby: the 27 at Burton on Trent, Folfstone: the 28 at S. Pombs in Cornwall: the 29 at Peterborough, Ashwell, Sudbury, Stebbing, in Essex, Benington in Hartfordshire.

### *July.*

The 1, 2, and 3 days at Conglestone in Chesh. the 7 at Royston, Burntwood: the Monday after at Fodringham: the 11 at Partney for horses: the 20 at Uxbridge, Coolidge, Woodstock, Barkway: the 22 at Ickleton, Bicklefworth, Norwich, Colchester: the 25 at Audlyend beside Walden, Reading.

### *August.*

The first day at Bedford, S. Eedes, Dunstable, Feverham, Wisbich, Bicklefworth, Stonistratford: the 10 at Blackamore, Harply in Norfolk, Thaxted in Essex, St. Ives, Bedford, Banbury, Farnham, Brainford: the 15 at Cambridge, Huntington, Dunmow, Luton, Northampton: the 24 at London, Sudbury, Norwich, Oxford, Northalerton, Dover, Beggars-bush, Burton: the 29 at Halton in Suffolk, Harlow-bush in Essex, Watford.

### *September.*

The first day at S. Giles in the bush: on Thursday & Friday next before the 8 day, at Sandbach in Chesh. the 7, 8, 9 and 10 days at Woodbury-hill in Dorsetsh. the 7 at Ware the 8 at Huntington, Bury in Lancash, Partney, Wakefield, Northampton, and Sturbridge fair belonging to Cambridge begins: the 14 at Rippon for horses, Waltham-Abbey, Chesterfield in Derbyshire, Richmond: the 21 day at Marleborough, Bedford, Baldoc, S. Edmondsbury, Holden in Holderness, Braintry, Bracklymaiden,

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Iymaiden, Malden, the 29 at S. Ives, Basingstoke, Market-deeping, Shelford in Bedfordshire, Bishopstratford, Malden for horses, Stow in Lincolnshire; Thursday after at Banbury.

### October.

The 2 at Salisbury: the 6 at Havent in Hampsh. Maidston, Coolidge, Gayworth by Lin, S Faiths: the 8 at Bishopstratford, Harborough: the 9 at Gainsborough in Lincolnsh. the 13 at Windsor, Colchester, Gravesend: the 18 day at Ely, Bishopshatfield, Barnet, Banbury, Thirst, Burton on Trent: the 21 day at Saffron-Walden: the 23 at Biclesworth: the 28 at Newmarket, Dis in Norfolk, Wakefield, Richdale in Lancashire.

### November.

The 1-day at Chelmsford: the 2 at Epping, Kingston on Thames, Padamhasson in Suffolk: the 6 day at Newport pond, Bedford, Hartford: the 11 at Lodden in Norfolk, Lenton in Nottinghamshire, Hempton in Norfolk, Fockingham in Lincolnshire, Bridgestock in Northamptonsh. Marleborough: the 17 at Spalding in Lincolnshire, Harlow, Lincoln, Hide, Northampton: the 19 at Horsham in Kent: the 20 at S. Edmondsbury, Ingerstone in Essex: Heath: the 23 at Sandwich: the 30 at Baldoc, Bareford Kolingborough, Maidenhead, Warrington, Rochester.

### December.

The 5 at Pluckly: the 6 at S. Eedes, Woodstock, Spalding, Norwich in Cheshire, at Exeter, Senock in Kent, Arundel, Grantham: the 7 at Sandhurst: the 8 at Northampton, Clitheral in Lancashire, Huntington, Malpas in Cheshire: the 29 at Canterbury, Salisbury.

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A Table of the Longitude and Latitude of  
some notable Cities and Towns in  
England, Scotland, and Wales.

	Longitude.		Latitude.	
	Degr.	min.	Degr.	min.
B Arwick	22	37	53	55
Bristol	21	41	53	55
Caermarthen	20	8	52	41
Carnarvan	20	08	53	35
Chester	21	40	53	35
Chichester	23	37	50	51
Colchester	25	25	52	0
Coventry	22	45	52	42
Cockermouth	21	28	55	17
Cambridge	24	25	52	45
S <sup>t</sup> . Davids	19	13	52	17
Dover	25	44	51	10
S <sup>t</sup> . Edmonds-bury	24	37	52	27
Edenborough	23	50	56	55
Exeter	21	42	50	50
Flamborough	26	10	54	10
Glocester	22	11	53	16
Hereford	25	43	52	12
Lancaster	21	55	54	12
LONDON	24	10	51	32
Ludlow	21	46	52	43
Lyzard point	22	35	52	10
Manchester	22	0	53	42
Norwich	25	36	52	45
Oxford	23	16	51	47
Peterborough	24	0	52	40
Quinborough	25	10	51	37
Rye	25	10	51	0
Shrewsbury	21	47	53	0
South-hampton	22	58	50	10
Tinmouth	24	22	52	17
Wallingham	23	12	52	30
Worcester	23	12	52	30
Yarmouth	26	0	51	46
York	22	10	54	10



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**F**our seasons of the year there are in all;  
The Summer and the Winter, Spring and Fall:  
In every one of these, the rule of reason  
Bids keep good Diet, suiting every season.

In Summers heat, (when choler hath dominion)

Cookmeats are best to use in my opinion.

The Fall is like the Spring, but endeth colder:

With wines and spice the Winter may be bolder.

In Spring your dinner must not much exceed;

In Summers heat but little meat shall need:

In Autumn ware you eat not too much fruit;

With Winters cold full meals do fittest sute.

For healthy men may cheese be wholesome food,

But for the weak and sickly 'tis not good.

Long sleep at after-noons, by stirring fumes,

Breeds sloth and agues, aking-heads and rhumes.

Great suppers do the Stomack much offend:

Sup light if quiet you to sleep intend.

And think it good advice, not idle talk,

Which after supper saith, 'tis good to walk.

*Fons, Speculum, Gramen, hac dant Oculis relevamen.*

*Mane igitur montes, sed serum inquirito fontes.*

The meaning of which two verses is this; namely,  
There be three things which greatly comfort the sight,  
that is Clear water, a Clear glass, and green colours:  
Wherefore in the morning walk to the hills, and after  
supper by the water side. But beware of great suppers,  
and late: for great and late suppers do much hurt both  
the brain and the eyes, and are therefore banished from  
all healthful houses.

This

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This Table sheweth the length of the day in  
the first six months.

days	January	February	March	April	May	June
	ho. m.	ho. m.	ho. m.	ho. m.	ho. m.	ho. m.
1	7 54 9	32 11	20 13	26 15	14 16	24
2	7 56 9	36 11	24 13	30 15	8 16	16
3	7 58 9	38 11	28 13	34 15	2 6	17
4	8 0 9	42 11	32 13	38 15	24 16	18
5	8 2 9	44 11	36 13	42 15	26 16	19
6	8 4 9	48 11	40 13	46 15	30 16	20
7	8 6 9	52 11	44 13	50 15	34 16	21
8	8 10 10	56 11	48 13	54 15	36 16	22
9	8 12 10	0 12	52 13	58 15	40 16	23
10	8 14 10	4 12	56 14	0 15	42 16	24
11	8 16 10	8 12	0 14	4 15	44 16	25
12	8 18 10	10 12	4 14	8 15	46 16	26
13	8 22 10	14 12	8 14	12 15	48 16	27
14	8 26 10	18 12	12 14	16 15	50 16	28
15	8 30 10	22 12	16 14	18 15	52 16	29
16	8 34 10	26 12	20 14	22 15	54 16	30
17	8 36 10	30 12	24 14	24 16	56 16	31
18	8 40 10	34 12	28 14	28 16	58 16	32
19	8 44 10	38 12	32 14	30 16	0 16	33
20	8 48 10	42 12	36 14	34 16	4 16	34
21	8 52 10	46 12	40 14	38 16	8 16	35
22	8 56 10	50 12	44 14	42 16	10 16	36
23	9 0 10	54 12	48 14	46 16	12 16	37
24	9 4 10	58 12	52 14	48 16	14 16	38
25	9 8 11	0 13	56 14	52 16	16 16	39
26	9 12 11	4 13	0 14	56 16	18 16	40
27	9 14 11	12 13	6 15	0 16	20 16	41
28	9 18 11	16 13	10 15	4 16	22 16	42
29	9 22 0	0 13	14 15	8 16	24 16	43
30	9 26 0	0 13	18 15	10 16	26 16	44
31	9 30 0	0 13	22 0	0 6	28 16	45

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This



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This Table sheweth the length of the day in the  
six last moneths of the year.

	July	August	Septemb.	Octob.	Novemb.	Decemb.
	ho. m.	ho. m.	ho. m.	ho. m.	ho. m.	ho. m.
1	16	14 14	46 12	48 10	48 8	52 7
2	16	12 14	42 12	44 10	42 8	48 7
3	16	10 14	38 12	40 10	38 8	44 7
4	16	8 14	34 12	36 10	34 8	40 7
5	16	6 14	30 12	32 10	30 8	36 7
6	16	4 14	26 12	28 10	26 8	34 7
7	16	0 14	24 12	24 10	21 8	30 7
8	15	58 4	22 12	20 10	18 8	26 7
9	15	56 14	18 12	16 10	14 8	22 7
10	15	52 14	16 12	12 10	10 8	18 7
11	15	50 14	12 12	8 10	8 8	16 7
12	15	48 14	8 12	4 10	4 8	14 7
13	15	46 14	4 12	0 10	0 8	12 7
14	15	44 14	0 12	56 9	56 8	10 7
15	15	42 13	56 11	52 9	52 8	8 7
16	15	40 13	52 11	48 9	48 8	6 7
17	15	36 13	50 11	44 9	44 8	4 7
18	15	34 13	46 11	40 9	42 8	2 7
19	15	30 13	42 11	36 9	38 8	0 7
20	15	26 13	38 11	32 9	36 7	58 7
21	15	24 13	34 11	28 9	32 7	56 7
22	15	20 13	30 11	24 9	30 7	54 7
23	15	18 13	26 11	20 9	26 7	52 7
24	15	14 13	22 11	16 9	22 7	50 7
25	15	10 13	18 11	12 9	18 7	48 7
26	15	8 13	14 11	8 9	14 7	46 7
27	15	4 13	10 11	4 9	12 7	44 7
28	15	0 13	6 11	58 9	8 7	42 7
29	14	56 13	0 10	54 9	4 7	40 7
30	14	52 12	57 10	50 9	0 7	38 7
31	4	48 12	52 10	00 8	56 0	00 7



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A Table of the increasing & decreasing of the days;  
according as they either lengthen or shorten.

Sun	January		February		March		April		May		June	
	h	m	h	m	h	m	h	m	h	m	h	m
1	0	28	1	6	5	54	6	6	7	48	9	59
2	0	29	1	10	5	58	6	7	47	51	9	0
3	0	30	2	12	4	2	6	8	7	54	9	0
4	0	31	2	16	4	6	6	12	7	58	9	0
5	0	32	2	18	4	10	6	16	8	0	9	0
6	0	33	2	22	4	14	6	20	8	4	9	0
7	0	34	2	26	4	18	6	24	8	8	9	0
8	0	35	2	30	4	22	6	26	8	10	9	0
9	0	36	2	34	4	26	6	30	8	14	9	0
10	0	37	2	38	4	30	6	34	8	18	9	0
11	0	38	2	42	4	34	6	38	8	20	9	0
12	0	39	2	44	4	38	6	42	8	22	0	0
13	0	40	2	48	4	42	6	46	8	24	0	0
14	1	41	2	50	4	46	6	50	8	26	0	0
15	1	42	2	52	4	50	6	52	8	28	0	0
16	1	43	2	54	4	54	6	56	8	30	0	0
17	1	44	2	56	4	58	6	58	8	32	0	0
18	2	45	2	58	4	2	7	2	8	36	0	0
19	1	46	2	60	4	6	7	4	8	38	0	0
20	1	47	2	62	4	10	7	8	8	40	0	0
21	1	48	2	64	4	14	7	12	8	42	0	0
22	1	49	2	66	4	18	7	16	8	44	0	0
23	1	50	2	68	4	22	7	20	8	46	0	0
24	1	51	2	70	4	26	7	24	8	48	0	0
25	1	52	2	72	4	30	7	26	8	50	0	0
26	1	53	2	74	4	34	7	30	8	52	0	0
27	1	54	2	76	4	38	7	34	8	54	0	0
28	1	55	2	78	4	42	7	38	8	55	0	0
29	1	56	2	80	4	46	7	42	8	56	0	0
30	2	57	2	82	4	50	7	44	8	57	0	0
31	2	58	2	84	4	54	7	46	8	58	0	0

The days decrease.

Smallem 1668

A Table of the increasing & decreasing of the days  
according as they either leag:han or thorten.

	July	August	Septemb.	Octob.	Novemb.	Decemb.	
	ho. m.	ho. m.	ho. m.	ho. m.	ho. m.	ho. m.	
1	0	20 1	48 3	46 5	48 7	42 8	58
2	0	22 1	52 3	50 5	52 7	46 9	0
3	0	24 1	56 3	54 5	56 7	50 9	2
4	0	26 2	0 3	58 6	0 7	54 9	4
5	0	28 2	8 4	2 6	4 7	58 9	6
6	0	30 2	16 4	6 6	8 8	0 9	8
7	0	32 2	20 4	10 6	12 8	4 9	10
8	0	34 2	24 4	14 6	16 8	8 9	12
9	0	35 2	26 4	16 6	0 9	10 9	14
10	0	40 2	28 4	22 6	4 9	16 9	16
11	0	42 2	32 4	26 6	8 9	18 9	18
12	0	44 2	36 4	30 6	12 9	20 9	20
13	0	46 2	40 4	34 6	16 9	22 9	22
14	0	48 2	44 4	38 6	20 9	24 9	24
15	0	50 2	48 4	42 6	24 9	26 9	26
16	0	54 2	42 4	46 6	28 9	28 9	28
17	0	58 2	44 4	50 6	30 9	30 9	30
18	0	0 2	48 4	54 6	32 9	32 9	32
19	1	2 2	52 4	58 6	34 9	34 9	34
20	1	8 2	56 5	2 5	38 9	36 9	36
21	1	10 3	0 5	6 7	40 9	38 9	38
22	1	14 3	4 5	10 7	44 9	40 9	40
23	1	16 3	8 5	14 7	48 9	42 9	42
24	1	20 3	12 5	18 7	52 9	44 9	44
25	1	24 3	16 5	22 7	56 9	46 9	46
26	1	26 3	20 5	26 7	0 9	48 9	48
27	1	30 3	24 5	30 7	4 9	50 9	50
28	1	34 3	28 5	36 7	8 9	52 9	52
29	1	38 3	32 5	40 7	12 9	54 9	54
30	1	42 3	36 5	44 7	16 9	56 9	56
31	1	46 3	40 5	48 7	20 9	0	58

The days increafe.

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A table of all the Shires, together with the  
number of Parishes contained in every  
Shire both in *England* and *Wales*.

39	ENGLAND.		8856.	
Shires.	Parishes.	Shires.	Parishes.	
1	Barkshire	140	28 Shropshire	170
2	Bedfordshire	116	29 Somersetshire	385
3	Buckingham	185	30 Hampshire	253
7	Cambridgeshire	163	31 Staffordshire	130
5	Cheshire	68	32 Suffolk	575
6	Cumberland	58	33 Surrey	140
7	Cornwall	161	34 Sussex	311
8	Darbishire	106	35 Warwickshire	158
9	Devonshire	394	36 Westmorland	26
10	Dorsetshire	248	37 Wiltshire	304
11	Essex	415	38 Worcestershire	152
12	Gloucestershire	280	39 Yorkshire	459
13	Hartfordshire	120	B. Durham	118
14	Herefordshire	176	13 WALES	965
15	Huntingtonshire	78	1 Anglesey	74
16	Kent	398	2 Brecknockshire	61
17	Lancashire	36	3 Cardiganshire	64
18	Leicestershire	200	4 Carmarthenshire	87
19	Lincolnshire	630	5 Carnarvonshire	68
20	Middlesex	73	6 Clamorganshire	118
21	Norfolk	660	7 Denbighshire	57
22	Northamptonsh.	320	8 Flintshire	28
23	Northumberland	168	9 Merionethshire	37
24	Nottinghamshire	168	10 Monmouthshire	127
25	Oxfordshire	280	11 Mountgomery	47
26	Richmondshire	104	12 Pembrokeshire	145
27	Rutlandshire	47	13 Radnorshire	52

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Swallow, 1688.

A table of all the Shires, together with the  
number of Parishes contained in every  
Shire both in England and Wales.

Shires	Parishes	Shires	Parishes
1. Rutlandshire	47	1. Rutlandshire	47
2. Northamptonshire	168	2. Northamptonshire	168
3. Northamptonshire	168	3. Northamptonshire	168
4. Oxfordshire	180	4. Oxfordshire	180
5. Buckinghamshire	187	5. Buckinghamshire	187
6. Bedfordshire	116	6. Bedfordshire	116
7. Berkshire	149	7. Berkshire	149
8. Dorsetshire	246	8. Dorsetshire	246
9. Devonshire	324	9. Devonshire	324
10. Devonshire	324	10. Devonshire	324
11. Devonshire	324	11. Devonshire	324
12. Devonshire	324	12. Devonshire	324
13. Devonshire	324	13. Devonshire	324
14. Devonshire	324	14. Devonshire	324
15. Devonshire	324	15. Devonshire	324
16. Devonshire	324	16. Devonshire	324
17. Devonshire	324	17. Devonshire	324
18. Devonshire	324	18. Devonshire	324
19. Devonshire	324	19. Devonshire	324
20. Devonshire	324	20. Devonshire	324
21. Devonshire	324	21. Devonshire	324
22. Devonshire	324	22. Devonshire	324
23. Devonshire	324	23. Devonshire	324
24. Devonshire	324	24. Devonshire	324
25. Devonshire	324	25. Devonshire	324
26. Devonshire	324	26. Devonshire	324
27. Devonshire	324	27. Devonshire	324

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